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EDMONTON

metr

Tuesday, September 14, 2010
www.metronews.ca



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Canada urged to change health care

► Competition, patients paying among suggested cost-cutting measures ► Organization says medicare should partially include pharmacare and home care ► Warns deficits are too large

The influential OECD says Canada needs to make some radical — and controversial — changes in its health-care system to keep costs under control.

The Paris-based Organization for Eco-

nomics Co-operation and Development says patients need to start paying some of the costs of health care.

And, it says, health service providers such as doctors and hospitals need to face

more competition, either from each other or from the private sector.

That way, costs should come down.

But at the same time, the OECD says medicare should partially include phar-

macare and home care, since those areas are more and more important to the health of Canadians but are costing people a bundle.

THE CANADIAN PRESS

Venezuela. Crash



► In this image courtesy of Globovision Television News, people surround the wreckage of an airplane of a state airline Conviasa after it crashed about 10 kilometres from the eastern city of Puerto Ordaz, Venezuela, yesterday. Story, page 6.

GLOBOVISION/THE ASSOCIATED PRESS

Plane goes down near Venezuelan city

CFL

Tillman to helm the Esks?

► Source says former Riders boss to fill vacant position in Edmonton {page 4}

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Society wishing for cat homes

Beauty isn't the only beast that needs a home.

According to the Edmonton Humane Society, the local shelter is overrun with cats so they've come up with the third major cat adoption incentive program in as many months.

Wish Upon a Whisker Wednesdays will feature a certain type of feline for one Wednesday a month until the end of the year.

For that day, you will be

200 Right now, the society is housing about 420 felines, about 200 more than usual.

able to take a cat or kitten home without having to pay the adoption fee.

"For us to do something like this, it's very serious," said the society's spokesperson, Shawna Randolph. "We're a not-for-profit society, adoption fees go towards spaying and

neutering, microchipping, and everything else that comes with adopting an animal, so we're taking a real hit."

The promotion starts this Wednesday and the first featured felines are Black Beauties.

Randolph said the large amount of cats and kittens at the society's shelter is caused by a severe overpopulation of felines in the community.

● ANDREAS MORSE



CONTRIBUTED PHOTO

► Beauty is one of the black cats featured in the Edmonton Humane Society's latest adoption incentive program.

Scientists take aim at pre-eclampsia



ANDREAS MORSE/METRO EDMONTON

► Cheryl Walker lost her son Gabriel to pre-eclampsia in 2007.

► U of A researchers on the verge of developing a test for pregnant women ► A simple blood test could predict who will be affected



ANDREAS MORSE
@METRONEWS.CA

It's a condition that kills up to 200,000 women every year worldwide and there is no way of predicting who will be affected by it.

It's called pre-eclampsia and researchers at the University of Alberta say they're on the cusp of developing a simple test that will predict which women could develop the condition.

"We've identified the biomarkers and we have a way now of using these to predict who's at risk of pre-eclampsia," said Louise Kenny, one of the lead researchers. "What we're trying to do now is turn those

biomarkers into the clinical test."

The team is now working on making a cheap, easily accessible test that they can put into hospitals. "Realistically, if we get buy-in from a commercial partner, I think a three-to-five-year time frame is reasonable," Kenny said.

Cheryl Walker knows the importance of the research all too well. Walker developed pre-eclampsia while she was pregnant with her son Gabriel in 2007. She survived but lost her baby to the condition.

"I'm happy that someone else won't know the shock that we knew and there's some comfort in that," Walker said. "It is too late for Gabriel and I, and that breaks my heart."



News on the move

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Dozens of leagues, one big community



HARRY HODGE
@METRONEWS.CA

Neighbourhoods across the city will be abuzz with barbecues, concerts and family activities as Community League Day is set for this Saturday.

Garage sales, harvest fairs, ball hockey and pancake breakfasts are some of the events being planned, with details being revealed by the Ed-

monton Federation of Community Leagues yesterday in Churchill Square.

Every league was encouraged to participate by hosting an event on this date, creating a citywide community league festival. It also gives people a chance to get to know other residents in their various communities across the city.

"We have just over 90 leagues that are taking part," said EFCL executive director Allan Bolstad.



► Edmonton Federation of Community Leagues president David Gibbens with Cheryl Bowhay from the Riverbend Community League, in Churchill Square yesterday.

Concerts and festivities are the plan for Riverbend, and local league member Cheryl Bowhay said the fun things going on in that part of town wouldn't be possible without friends and neighbours chipping in.

"We really are thrilled with the support we had," Bowhay said.



To see what's going on near you, visit www.efcl.org

Have Eskimos found the (Till)man for the job?

► Source says former Riders GM set to take over the position with the Esks ► Tillman would succeed Danny Maciocia, who was fired on July 31 ► Tillman has three Grey Cup victories, most recently in 2007

It seems the Edmonton Eskimos have settled upon Eric Tillman for their vacant general manager's position.

A CFL source requesting anonymity says while the Eskimos and Tillman con-

tinue to talk, the question doesn't seem to be if Tillman will land in Edmonton but rather when.

Tillman would succeed Danny Maciocia, who was fired July 31.

The 2010 season has al-

ready been one to forget for Edmonton.

The city will host this year's Grey Cup but its team is last in the West Division standings with a league-worst 2-8 record.

Tillman won Grey Cups

as a general manager with the B.C. Lions (1994), Toronto Argonauts (1997) and Saskatchewan Roughriders (2007).

Tillman did a masterful job of transforming the Riders into a CFL champi-

onship team. Upon becoming GM, he was forced to shave hundreds of thousands of dollars from its payroll to get the club under the salary cap and raised some eyebrows by hiring former

Saskatchewan quarterback Kent Austin as head coach.

Austin guided the Riders to the '07 Grey Cup, only the club's third in its history.

THE CANADIAN PRESS



► Former Saskatchewan Roughriders general manager Eric Tillman

Tillman's legal troubles

Tillman stepped down as the Saskatchewan Roughriders' general manager in January of this year after pleading guilty to a summary charge of sexually assaulting his 16-year-old babysitter.

The incident occurred in August 2008. He received an absolute discharge, meaning he doesn't have a criminal record.

THE CANADIAN PRESS

Five finalists for airport revamp

A list of five companies hoping to lead the charge in redeveloping the City Centre Airport took part in information sessions held by the city yesterday.

The finalists hail from Sweden, the U.S., the Netherlands, the U.K. and Vancouver, B.C.

"We believe this is going to be a real game changer for Edmonton," said Joyce Drohan, director of urban design for Vancouver-based Perkins + Will.

Each company will submit a proposal to the city by Jan. 20, 2011.

ANDREAS MORSE

Sex-crimes charges for ex-teacher

A former junior high school teacher from a small town north of Edmonton is on trial for sexual assault, sexual interference and sexual exploitation.

Michael Dubas taught religion, physical education

and coached the basketball team at the Catholic school. Police have alleged that on two separate occasions between February and October of 2009, he committed sex-related offences against two female students.

One complainant testified yesterday that she was 12 years old when Dubas put his hand on her shoulder, then under her shirt, and touched her breast.

THE CANADIAN PRESS

Alberta and Quebec agree on something

Alberta and Quebec are seeking allies in their fight against a new national securities regulator. Finance ministers for both provinces say Ottawa would be intruding into provincial affairs if it forms a single watchdog to oversee Canada's capital markets. Alber-

ta and Quebec have been the proposal's most vocal critics, and are challenging its constitutionality. Finance Minister Ted Morton says other provinces shouldn't feel compelled to sign an agreement with Ottawa by month's end.

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36 survive crash in Venezuela

► Cause of plane crash not yet known ► Aircraft's destination was eastern city of Puerto Ordaz

A plane carrying 51 people crashed yesterday in a steel mill yard in eastern Venezuela, killing 15 people on board, officials said.

Workers at the state-run Sidor steel foundry pulled people from the smoking wreckage of the plane owned by Venezuelan state airline Conviasa, and officials said 36 passengers and crew survived.

Foundry worker Frank Oliveros, 44, said he saw a huge billow of smoke after the crash, then saw the wreckage through the smoke and joined dozens of fellow employees and firefighters who rushed to the scene.

"I don't remember

names ... faces," Oliveros told The Associated Press by telephone. "Our only interest was getting all the people out of there alive."

The partially scorched fuselage of French-built ATR 42 rested among barrels and shipping containers.

Fifteen people were killed after the crash about 10 kilometres from the eastern city of Puerto Ordaz, Bolivar state Gov. Francisco Rangel Gomez told reporters. Forensic experts have yet to identify six of the bodies, he said.

"A miracle occurred today," said Rangel Gomez, referring to the number of survivors.

THE ASSOCIATED PRESS

Kashmir. Clash



► A young Kashmiri boy shouts slogans yesterday during a protest on the outskirts of Srinagar, India.

ALTAF QADRI/THE ASSOCIATED PRESS

Deadly day in India

Indian forces fought Kashmiri demonstrators yesterday in street battles that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory.

Forces: Smuggling report unfounded

The Canadian Forces says reports British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday shooting down claims that troops from Britain and Canada were involved in the scheme.

British media had reported that Britain's Ministry of Defence was investigating claims that troops used military aircraft to smuggle drugs. THE CANADIAN PRESS

Troops as mules?

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada.

► An internal review by the Canadian Forces National Investigative Service noted that military police, using sniffer dogs, conducted random spot checks on troops and found no drugs.

School on RFK site opens

The site where Sen. Robert F. Kennedy was assassinated yesterday as a \$578-million complex of public schools for thousands of students after

years of disputes over historic preservation.

The two-decade effort to turn the location into an educational complex involved expensive legal disputes with conservationists who wanted to save the historic hotel from demolition, and with Donald Trump, who wanted to build the world's tallest building at the site.

THE ASSOCIATED PRESS

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Tories to stick to party's strengths

► First new policy a crackdown on human smuggling

Prime Minister Stephen Harper's Conservatives are drafting a new storyline for their government in the coming session of Parliament after a summer where control over the plot seemed to drift from their grasp.

Tory sources tell The Canadian Press that Harper

wants high-profile policy initiatives and debates that will play on some of the party's familiar themes: Law and order; the economy; respect for the military; the future of the mission in Afghanistan. Details are being held close to the vest by a tight circle of ministers and advisers.

Allan Gregg, chairman of Harris Decima Research, says stressing the economy is the right approach for the Tories. Recently, economic issues have helped them widen the gap with the Liberals among men and ultimately maintain a lead.

THE CANADIAN PRESS

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YouTube to begin live streaming

► Ustream is the current leader in live video, with 3.2 million unique viewers in July

YouTube is making its long expected foray into live streaming by launching an experimental trial with four new media partners.

The <http://youtube-global.blogspot.com/new> live streaming platform will be previewed in a two-day trial beginning yesterday, but is expected to later grow considerably across the Google Inc.-owned website.

Four YouTube partners will participate: the celebrity-focused Young Hollywood; the online television outlet Next New Networks; the how-to guide Howcast; and Rocketboom, the Internet culture vlog.

Streaming

YouTube is far from the first company to step into the streaming video space.

► Online Startups such as Ustream.tv, Justin.tv and Livestream have already established themselves. But YouTube remains the largest video platform on the web and is expected to quickly become a considerable force in the rapidly growing live streaming video business.

"This is just an initial trial, a first step," said

YouTube product manager Josh Siegel.

"We're going to look at a whole bunch of data about the performance of our new platform and then, based on that, make decisions about how we'll open it up, with the goal of opening it up to all of our partners over time."

For the last two years, YouTube has offered numerous events live, including a U2 concert, cricket matches in India and President Barack Obama's first State of the Union address. But for all of those events, YouTube relied on third-party technology to enable the live webcasts.

TORSTAR NEWS SERVICE

Tianjin. Davos



► A participant walks with a plate of food at the World Economic Forum's Annual Meeting of the New Champions 2010.

NG HAN GUAN/THE ASSOCIATED PRESS

Biz forum hits China

More than 1,300 business and government participants from 85 countries are expected at the three-day World Economic Forum's Annual Meeting of the New Champions 2010, also known as Summer Davos, being held in Tianjin, China.

Market moment

TSX	Dollar	Oil	Natural gas
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FINANCIAL POSTER

Canadians vulnerable to financial turbulence

Canadians are increasingly at risk to any deterioration in their financial status, including expected interest rate hikes, because of sky-high debt burdens, according to new domestic and international reports.

Statistics Canada said yesterday that household net worth fell for the first time in a year in the second quarter, mainly due to lower stock market prices. **THE CANADIAN PRESS**

15

In the second quarter, the key debt-to-income ratio fell from a record 148 per cent to 145.7 per cent, while the debt-service ratio fell to a four-year low of 7.2 per cent. TD Bank economist Diana Petramala says the welcome drop in these ratios was likely driven by temporary measures.

Oil spill cleanup over, says Enbridge

Enbridge Energy Partners says it has completed cleaning up oil from a leaking pipeline in Romeoville, Ill., southwest of Chicago.

The subsidiary of Calgary-based Enbridge reported the leak last

Thursday and said the line was shut down within minutes.

Enbridge estimates 6,100 barrels of crude oil were released in the leak and all but 50 barrels have been recovered.

THE CANADIAN PRESS

Future is bright: Buffett

One of the biggest names in business says he sees a bright future for the economy. Famed investor Warren Buffett says there will be no double-dip recession as some fear.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS FILE PHOTO



► Buffett

Biomedical Corp. lowers the axe

Response Biomedical Corp. is cutting its workforce by 25 per cent to reduce expenses as the Canadian maker of rapid medical tests changes direction.

The Vancouver-based company said yesterday the downsizing is due in part to a change of plans

by partner 3M Co., which has decided against developing a next-generation rapid test for detecting flu.

The two companies have collaborated since 2006 and came out with their initial test for influenza A and B in 2008.

THE CANADIAN PRESS

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BEST FRIENDS FOREVER ... AT WHAT COST?

She says ...

JESSICA NAPIER



They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

In my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelancing for pocket change.

So what is the price of being good friends with people who earn significantly more than you?

Surrounding yourself with financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn super-sized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that ex-

ist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Merlot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only

ordered a salad and tap water. And FYI, she told you she "wasn't that hungry" because she looked at the menu online beforehand and ate a hearty pre-dinner snack after realizing she wouldn't be able to afford an entree.

Over time, the salary gap can

continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

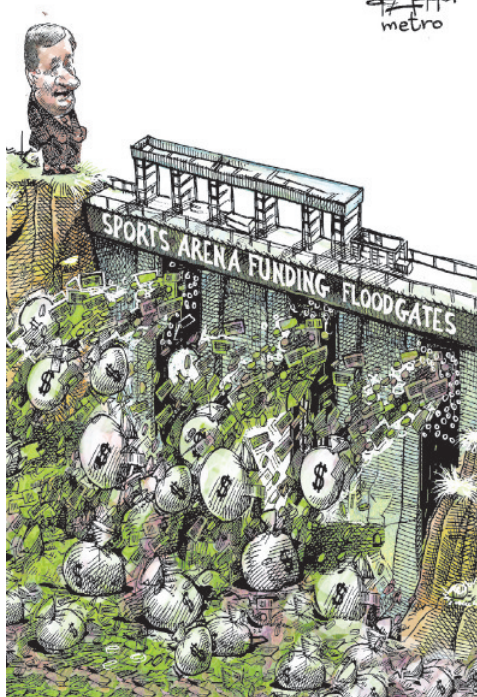
Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial security.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER
After
metro



Spies in the bathroom

Worth mentioning

Swine flu may have scared people straight, or maybe they are finally listening to their mothers. Whatever the reason, Americans are washing their hands more often, suggests the latest check by researchers who spy on people using public restrooms.

Checks in four big cities last month found 85 per cent of public restroom users washing their hands, up from 77 per cent in 2007. It's the best rate since these periodic surveys began in 1996.

One thing hasn't changed: Men are still dirtier. About 23 per cent

Listen to your mother



of men failed to wash versus seven per cent of women.

"Those little 20 seconds with friction, water and soap" are one of the best things people can do to keep from getting sick, said microbiologist Judy Daly of Primary Children's Medical Center in Salt Lake City.

Researchers from Har-

ris Interactive combed their hair and pretended to put on makeup while watching more than 6,000 adults using restrooms in four U.S. cities.

Best: The Chicago science museum, where 93 per cent washed up. Worst: The two train stations in New York, where only about 80 per cent washed. **THE ASSOCIATED PRESS**

What three things can you not live without?

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Metro Minute with In Mother's Hood

A new exhibit of Arctic dolls at the University of Alberta pays tribute to both the tenderness and strength of Canada's Northern women. In Mother's Hood: Inuit Packing Dolls Of Taloyoak, highlights the U of A's collection of Inuit dolls created by the women of Taloyoak, a tiny hamlet in Nunavut. The exhibit pays tribute

to a longstanding tradition of self-sufficiency; in 1974, the women formed a craft co-operative and began using their sewing skills to make distinct collector dolls to earn money for their families.

In Mother's Hood runs until Aug. 3, 2011, in the lobby of the Human Ecology Building on campus.

● METRO EDMONTON



► Curator Anne Bissonnette with Thundergirl.



► Dr. Lisa Masterson (second from right) is flanked by her male medical peers on the popular TV show The Doctors.

The doctors return for a third season

◆ Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis ◆ Women's health issues being made a priority

Dr. Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show The Doctors as it enters its third season this week with women's health issues an increased priority.

Masterson is being asked to lead the charge. "I am loving that," said Masterson, an obstetrician and gynecologist. "Being the only female on the show and the voice of women is something I take

really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their child-rearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son

"Being the only woman on the show ... is something I take really seriously."

DR. LISA MASTERSON

of Phil McGraw). Larger health care issues aren't on the agenda.

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better

tomorrow?'" McGraw said.

The show's answers range from home remedies for swimmer's ear to solving the mystery of whether a child's congestion stems from allergies or infection.

The show, McGraw recalls, did a segment on the "five colours of snot" to identify which should prompt parents to get medical help for their youngster.

THE ASSOCIATED PRESS

Other doctors

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

► All the doctors agree that hearing from viewers they've helped is welcome medicine.

► The series averaged more than 2.6 million daily viewers last season.

Being Erica star hears from fans inspired by show

The CBC-TV series Being Erica, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say the premise prompted them to make either professional or personal changes.

And Gemini Award-winning star Erin Karpluk says she often hears similar stories from fans.

"One woman said 'I really want to find my biological mother. That's something that I've always wanted to do,

it's a huge regret of mine,'" Karpluk, 31, recalled. "To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring them in any way,

that makes me so happy and excited," she added.

In the upcoming Season 3 of Being Erica, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso).

A Scottish remake of the show is now in the works.

"If this show is inspiring them in any way, that makes me so happy."

ERIN KARPLUK, ACTRESS

Karpluk says she's heard it may feature a male character. "Maybe they can meet and maybe they can have a time-travel session together," she added, jokingly.

THE ASSOCIATED PRESS

2

scene

Scene in brief



1 Joaquin Phoenix will appear on the Late Show on Sept. 22.

2 Oprah surprised her audience of 300 yesterday with a trip to Australia.

3 John Waters wants to make heterosexual divorce illegal.
THE ASSOCIATED PRESS



Review: Halo: Reach shines in multiplayer, but solo campaign falls short

Gaga can't sleep alone

► New book on Pokerface singer alleges she is terrified to be alone ► Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book *Poker Face: the Rise and Rise of Lady Gaga*.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

"Gaga couldn't sleep without someone next to her in bed," according to the book. ● METRO



► Lady Gaga.

Tell us what you are recording @metroedmonton

PVRTweets

What late night shows do you PVR while your catching some zzzzz?

@brittriddell DEXTER, Parenthood and Amazing Race!

@GirlyGoose all the shows that were playing at the same time as something else I wanted to watch - gotta love timeshifting!

@SE Shawty Grey's Anatomy, Hellcats and Gossip girl!

@maryselalonde Letterman so that I can zip through on the weekend to the segments I want to watch



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Are Miley and ex back together?

It looks like Miley Cyrus' breakup from Liam Hemsworth was short-lived.

The pair were spotted recently in Los Angeles, and sources say they're definitely back together.

"Miley and Liam kept smiling and seemed to really enjoy their afternoon together," a source tells People magazine. "They definitely seemed like a couple again." ● METRO

Talking points

Drake's wedding hoax

WEDDING BELLS? Rapper Drake thought he was just being funny when he joked on Twitter recently that he and singer Nicky Minaj had gotten married, but his mother didn't see the humour in it. "My mom was actually like, 'What happened? How did you elope?'" Drake said. "But we were just joking around. I never thought it would get so out of hand." ● METRO

Will they ever get hitched?

ROYAL WEDDING. Royal watchers now claim Prince William's assumed wedding to Kate Middleton will take place in June 2012, coinciding with Queen Elizabeth's diamond jubilee and taking place two months before the Olympics come to London, according to the News of the World.

Buckingham Palace sources denied an early report by the Daily Mail that the couple would wed at Westminster Abbey in August 2011. William and Middleton, who have been dating on and off for eight years, are not officially engaged.

● METRO

Pratt's 'honest mistake'

WEAPONS CHARGES. Spencer Pratt insists his arrest in Costa Rica for weapons possession was just an "honest mistake," according to Hollyscoop. "I've spent the last week living alone in the jungle, reflecting on my past transgressions, and working to become a better person. I had to live off the land, and hunt to survive," Pratt says in a statement.

"As I departed the country this morning to continue my spiritual journey, I mistakenly brought my hunting

weapons to the airport. It was an honest mistake, and they sent me on my way." Pratt was later spotted in Los Angeles with estranged wife Heidi Montag. ● METRO

DJ AM owed nearly \$100K

BACK TAXES. DJ AM reportedly left behind a hefty tax bill when he passed away in 2009. According to court documents, the producer and deejay owed nearly \$89,000 in back taxes from 2006 and 2007 at the time of his death, according to TMZ, and the state of California is reportedly leaning on his estate to pay up. Reps for DJ AM's estate had no comment. ● METRO

Celebrity tweets

Spencer Pratt [@spencerpratt] Thanks to jail, I finally have something in common with ... Gandhi.

Taylor Swift [@taylorswift13] Nothing like a Sunday afternoon sitting in my car ... watching LARPING!!

Erykah Badu [@fatbellybella] The Jedi pays attention to the movements of his/her own mind. She ... chooses to turn fear and worry into calmness.

Michael Ian Black [@michaelianblack] Pretty sure I am still asleep because if I am awake this sucks.

metro

Metro Edmonton, Editorial and Photography Interns, Edmonton AB

Metro Edmonton is inviting applications for reporting and photography internships.

The positions offer hands-on experience in a daily newsroom for journalists and photographers or recent grads who are beginning their careers. The positions are non-paid.

Successful applicants in the past have excelled at generating story ideas and writing concise and compelling features as well as covering breaking news. The ideal candidate can also combine photography and reporting skills.

Qualifications

The positions are open to students and recent graduates (within the last year or two).

The internships are full-time and start September 2010. They run for three-four weeks, based on availability, Sundays to Thursdays.

No calls please. Only those applicants considered for the position will be contacted.

Please e-mail samples of your work, a cover letter and resume identifying all relevant experience and/or skills to:

Harry Hodge | Metro Edmonton, Ste, 2070, 10123-99 Street NW, Edmonton, AB, T5J 3H1 | Tel: NO CALLS
E-mail: harry.hodge@metronews.ca | Web address: http://metronews.ca

► Miley Cyrus

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Maynards
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► Get your wetsuits out and head for the shore. ► Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness



ROMINA MCGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the waves:

The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a wave

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

The muscles engaged

Paddling: The shoulders and upper back muscles.

Duck diving: The chest, arms and core muscles.

Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, hamstrings) and core muscles.

Why you need good balance

Balance is crucial in order for you to take off correctly when you are riding a wave or about to ride.

In order to have good balance you must work on your core stability and learn to keep the movement in your hips, knees and ankles steady.

Why you need a strong core and upper body strength

Core strength is what gives



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► Hold on for fitness.

you the balance needed for duck diving, popping up, and riding a wave correctly.

If someone has a weak core then their body cannot transfer force effectively, causing them to lose movement efficiency while surfing.

Upper body strength is

important for endurance when paddling, power and for duck diving and popping up on the board.

A regular surfer's body

Surfing is an excellent total body workout.

It combines cardiovascular fitness, core

strength, stability, balance, upper and lower body strength and power as well as mobility and flexibility.

Surfing on a regular basis builds up cardiovascular endurance and creates a lean muscle definition.

Surfers are likely to have low body fat and be more agile.

Testimonial

DIET DIARIES

ALANA BLANCHARD
SURFER



Her workouts: I do Pilates and yoga every day and I love biking, hiking and anything that has to do with the water.

Her beauty rituals: I'm a very healthy person. I eat a lot of fruits and vegetables, and I try not to eat anything processed. I always use sunscreen during the day and try to go surfing before the UV rays are at their strongest.

Her guilty pleasures: I love frozen yogurt. We don't have it on Kauai (Hawaii) yet so when I go to places that have it I get so excited.

Does she think people can have it all physically: It all depends on your body and how it builds muscle and what you eat has a lot to do with it. It can either be hard or easy, you just need to figure out your own body needs.

3

life

Cellphone app



If there's one thing the typical Canadian teen wouldn't be caught without, it's a cellphone. So doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set. Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur, along with other pertinent health information related to depression and bipolar disorder. The hospital is looking for 36 adolescents aged 14 to 20 — with and without mood disorders — to keep a digital daily record for nine months so researchers can assess whether the mobile app could be used in regular clinical practice.

THE CANADIAN PRESS



Stents may double risk of stroke or dying in older patients compared to surgery

sexcetera

A SPECIAL METRO
REPORT PRESENTED BY



Exploring sex and everything
that goes along with it.



Landin Hollis (Indeliciousbass), Flickr

There's a name for that

Sorting through today's relationship labels

There seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are one-night stands and friends with benefits (or "frenefits"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-

night stand can be satisfying, but mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sex-

ual partners." Still sound romantic?

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides—without the drama. And don't forget to always play safe!

Know your barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92–99.7% in preventing pregnancy, the same as

find which one suits you and your partner best, make sure to talk to your doctor.

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disperse sperm (71–82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68–91%). But as your best line of defense against

(and some girls) who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regular-sized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to



Chepe Nicolli (ChepeNicolli), Flickr

learn how to put on a male or female condom, how to use a dental dam and you can also find tips like checking the expiry dates on your contraceptive products. And there are many more safe-sex methods available—check out the site for more details and efficacy rates. But remember, contraception is a responsibility that is shared by both parties, so make sure it's a decision you both agree with. And nobody ever said that you can't use more than one method!

*Whatever contraceptive method
you use, it's important to get the facts
as to how to use it properly.*

the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to

both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85–98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys

Sex by the numbers

Here's a snapshot of some sex habits of Canadians – young and old:

⇒ Average age of first sexual intercourse: 16–18 years

⇒ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)

⇒ Number of times per month women aged 26–35 years have sex: 8–12

⇒ Number of same sex couples in Canada: 45,300

⇒ Rate of teen pregnancies: 38.2 per 1,000

⇒ Number who have had 20 or more sex partners: 12 (33% had 2–5)

⇒ Number who would rather give up sex than the Internet: One-third

SOURCES: Statistics Canada; It's Canadian Youth Sexual Health and HIV/AIDS Study (2003); sexuality.about.com by Cory Silverberg; 2006 Canadian Census, sexualityandu.ca; Yahoo! 15 Year Anniversary Survey (lpsos)



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State of the nation

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual inter-

toys. One US survey showed that half the people surveyed used a vibrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that the combination of our slightly less neurotic attitude to sexuality, along with our long cold winters, could translate into higher sex toy use."

safer for students to "come out" as gay, lesbian or transgendered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden taboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he says.

Where we find our mate probably represents the biggest change in Canadian coupling habits. On-line, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our great-great grandparents were as kinky as we are," says Silverberg.

What has changed is our comfort level with our sexuality – and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment

The idea that kids today are hopping into bed at every turn is an exaggeration

course – 16-18 years – has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens – and their parents, too – may also be turning more to sex

The pyjama game



Robert McDonald (38259388@N00), Flickr

Everybody knows that you don't neglects and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.

Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

STIs: The stats and the facts



You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.

Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true picture. For one thing, more people are coming forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years, says Alex

McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "People focus on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."

What is truly alarming is our "abysmal" knowledge about STIs, says McKay.

STIs are spread through vaginal, oral or anal sex as well as through sharing sex toys or needles. Symptoms can include unusual discharge, burning sensation when urinating, pain or sores in the genital area, itching, unusual bleeding, and a strong odor.

But some people who have an STI have no symptoms. The only way to know if you're infection-free is to get tested. But note that basic testing doesn't include the two most common STIs: Herpes simplex virus (HSV) and HPV.

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Tasty, not cheesy

► There's more than one way to serve up broccoli ► And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury,

salty sauce made from olives, capers and lemon juice.

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets. Avoid broccoli that is limp, yellowing or has a strong odour, **THE ASSOCIATED PRESS**

Broccoli With Lemon, Olive and Caper Sauce Preparation:

1 In a medium saucepan fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a bowl. Steam broccoli until tender-crisp, 4 to 5 minutes.

2 Transfer broccoli to a serving bowl, cover and set aside.

3 Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon juice and capers and cook until heated through, 1 to 2 minutes.

4 Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings.



► Broccoli can be steamed, roasted or cooked in a microwave.

Ingredients:

Broccoli With Lemon, Olive and Caper Sauce

- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil

- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kalamata olives
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

Liquid Assets

Cider: Gotta love it



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

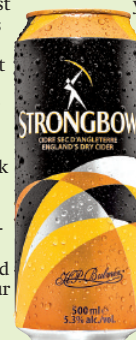
With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

What makes its lack of popularity here even stranger is that we're talking fermented apple juice here folks: You couldn't find a more familiar flavour or one that is so food-friendly.

England's Strongbow (500 ml, \$2.95 - \$3.31) with its light, dry personality and refreshing finish is arguably the most famous cider in the world. That said,

Gaymers Original (500 ml, \$2.95 - \$3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple character that lingers on the palate.

While these two are huge international brands; regional cider production across Canada is at an all time high. Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.



Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and traveling the globe looking for something to fill his glass and put into words.

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PROMOTER OF THE WEEK

CONGRATULATIONS

Rick S.

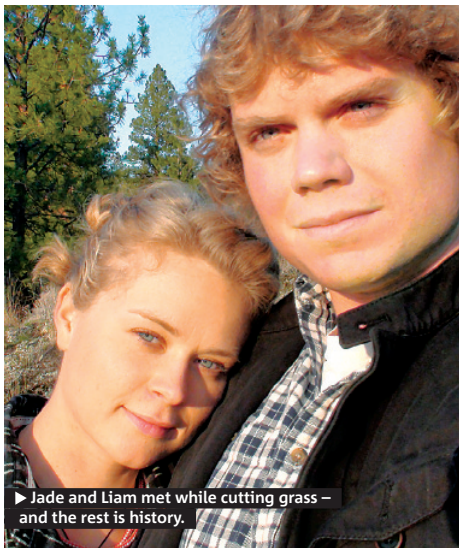
Pick up your free copy of Metro from
this week's Promoter of the Week at:

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PROMOTER WILL RECEIVE A
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THE LAWN OF LOVE



► Jade and Liam met while cutting grass – and the rest is history.

How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

Their story:

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a resumé, looking for summer work..."

It was my second year at the resort, and I knew the work was rough. Along comes Jade, this petite girl with a resumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month—she made it the entire season! Our days sweating under the hot sun turned into the beginning of a wonderful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting grass."

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Friends in strange places

► A program at Indiana University allows medical students to meet the family of the donor they will be working on

Dot Purcell always knew she would donate her body to science. Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate, and he grilled the students.

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest," Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Pur-

cells, gaining an understanding of the family's deep grief while getting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom," Mike Purcell, Dot's youngest son, said.

Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

Buchler says learning about Dot the person has made his lab work make more sense.

THE ASSOCIATED PRESS

Body of knowledge

► The students discovered Dot had a bone abnormality called Charcot foot, which explains why her feet were always so painful and swollen.

► The foot condition is common in diabetes, and Buchler says the knowledge he's gained from Dot will help him treat future patients with the disease.



► Lucas Buchler, left, was among the medical students who formed a friendship with the family of one of the donors he worked on.

Apartment Finder

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RESPs equal free money – don't wait

► Shop around — not all RESPs are the same ► Some group plans come with high fees and low returns

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Any moment now tuition bills are going to hit with a mighty thump. And lots of parents will be wishing they'd contributed more to their

kid's RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle.

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually. You can't beat that return

these days.

High income earners will receive a bit less on the first \$500 contributed and those with low incomes more. After that the CESG is the same for everyone.

Over the life of the plan, you're allowed to contribute up to \$50,000 per child and the Canada Education Savings Grant maxes out at \$7,200.

One caution. RESPs are not all the same.

"The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to \$2,500 per child annually. You can't beat that return these days."

Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and

low returns.

Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or withdraw contributions though, depending on your income, you may pay

tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant.

I'm a big fan of plain vanilla RESPs, the kind you open at most major financial institutions. Fees are low and your investment options are wide.



► The best time to start an RESP is now.



FAQs

► **Where can I open an RESP?**
At most financial institutions (such as banks and credit unions) or with a group plan dealer or certified financial planner. See the list of RESP Providers at CanLearn.ca.

► **Do I need to deposit a minimum amount?** It depends. Some types of RESPs have no minimum deposit requirements, while others do. The Government of Canada will still add to your savings, no matter how little you put into your child's RESP account.

► **Do I need a bank account?**
No.

CANLEARN.CA

17
Percentage of post secondary students in 2010 who will draw on RESPs to pay tuition.

Interest rates/ Savings accounts

BANK	RATE
BMO	1.25%
CIBC	0.70%
HSBC	0.75%
ING	1.50%
PCF	1.50%
RBC	1.15%
SCOTIA	1.25%
TD	1.15%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Fun and Frugal

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BIRTH OF A BUDGET

Your family is your most precious asset and you "invest" in the lives of your children by providing love, support, food, clothing, shelter, safety, and education. But, from a financial perspective, children are considered a cost. North American families spend approximately \$150,000 to \$250,000 to raise one child. This doesn't include post-secondary education,

just the costs associated with providing for a child's basic needs until he or she turns eighteen.

But, don't avoid having, adopting, or raising children because of the cost. Just be aware that children require a significant investment of your time, your love, and your dollars. It's easier to provide these things when you're in good financial shape and can afford the time and energy.

Before you get pregnant



► Budget for your baby — but don't avoid having one because of the costs.

or sign the adoption papers, prepare yourself for the adjustment. Households that have children spend approximately 20 per cent more than households that don't.

So, if you haven't created a budget, do it! It's important to factor in the increased costs of food, clothing, daycare, RESP contributions, and insurance. And, if you buy a bigger house or car, your payments might be higher. Also investigate what medical expenses you might incur throughout your pregnancy, birth and post-partum, and any related to adoption.

Next, ensure you have a living and working situation that will allow you to make time for your kids. If you're working eighty hours a week, it's going to be hard to make time for your kids. On the other hand, can you afford to cut back on hours? Check to

see what type of maternity and paternity benefits you're entitled to receive. The government will compensate you somewhat for lost income (servicecanada.gc.ca — select resources for families and children), and sometimes your employer will help as well. But, more often than not, you'll bring home less money than if you worked full time. How will you make up the difference?

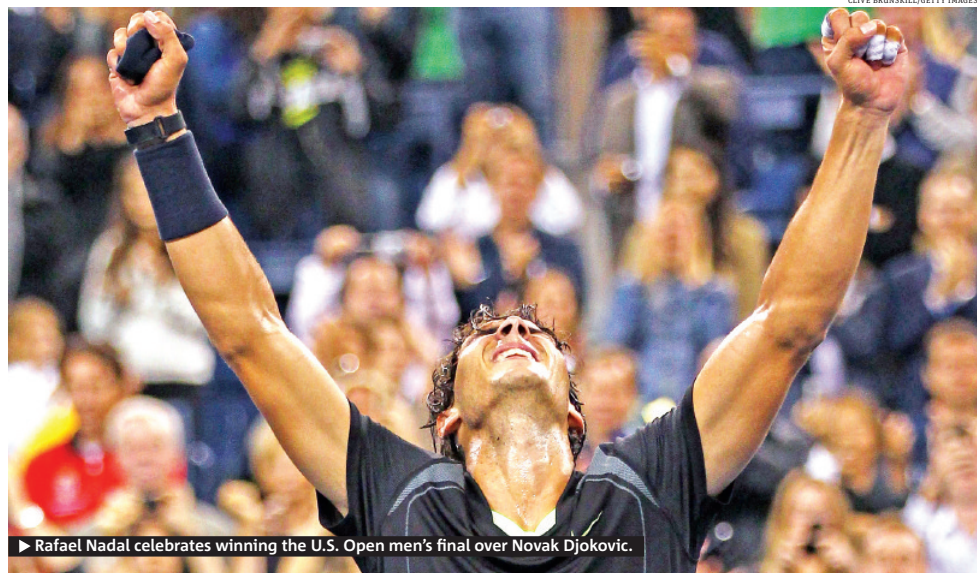
Update your will and insurance coverage.

A will is your chance to state what you want to have happen if you or your partner pass away. Insurance coverage helps you to protect your assets in the event that something bad happens.

If you decide to become a parent, have a clear understanding of the financial, physical, and emotional investment you'll make to raise a child.

Nadal finally conquers U.S.

► Spaniard wins his first U.S. Open and completes career Grand Slam



► Rafael Nadal celebrates winning the U.S. Open men's final over Novak Djokovic.

The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly.

7

Nadal is the seventh man in tennis history with at least one title from each Grand Slam tournament.

Nadal won his first U.S. Open title last night to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

Rain pushed the men's final from Sunday to Monday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own

greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July.

No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969. Now Nadal heads to the Australian Open in January with a chance to claim a Rafa Slam of four consecutive major championships — something that also hasn't been done since Laver.

THE ASSOCIATED PRESS

Ravens upstage Jets in their new home



RAVENS

JETS

The Baltimore Ravens gave the New York Jets some hard knocks — real ones.

The Jets intrigued audiences in the pre-season with their no-holds-barred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night with a 10-9 win.

They held New York to 176 yards, six first downs, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone.

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new home.

The \$1.6-billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127 — if not the talkative coach and his players.

"They beat us in every statistical category there is except turnovers," Ryan said.

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points.

THE ASSOCIATED PRESS

4

sports

Quoted



"I want to put my whole focus on goaltending. I wouldn't say it was a distraction. I think I could put something less on my plate. The less distractions as a goaltender (the better)."

VANCOUVER CANUCKS
GOALTENDER ROBERTO LUONGO ON HIS DECISION TO RELINQUISH HIS CAPTAINCY.

Devils docked 2 draft picks

The cost of signing Ilya Kovalchuk ended up being more than the New Jersey Devils could ever have imagined.

A saga that dragged through the summer had one final twist yesterday night as the NHL came down hard on the Devils for trying to circumvent the salary cap. The league handed the team a \$3-million US fine and docked it two high draft choices.

The punishment stems from the Kovalchuk contract that was submitted to the league in July.

Arbitrator Richard Bloch

"We disagree with the decision. We acted in good faith and did nothing wrong. We will have no further comment."

DEVILS GENERAL MANAGER
LOU LAMORIELLO, IN A
STATEMENT RELEASED YESTERDAY

ruled the \$102-million, 17-year deal was an attempt to get around the salary cap. The contract was to last until Kovalchuk's 44th birthday and featured a number of years at a reduced salary.



► Ilya Kovalchuk

As a result, the Devils will pay the hefty fine and forfeit their third-round draft pick in 2011 and a first-round selection in one of the next four drafts. It will be up to New Jersey to choose which one.

THE CANADIAN PRESS

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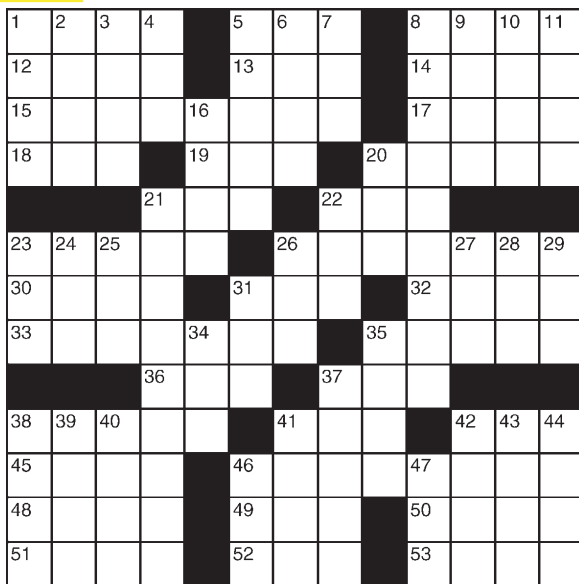
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Crossword

Across

1 50 per cent
5 Old airline letters
8 Church section
12 Needle case
13 Charged particle
14 Manhandle
15 Thyme partner
17 Tarzan's clique
18 Make a choice
19 Branch
20 Fad
21 Secretive org.
22 21-Across employee
23 Piece of information
26 Big fans
30 Responsibility
31 Whammy
32 Actress Turner
33 A power of two
35 Swell
36 Rowing prop
37 "Mayday!"
38 "Danaë" painter
Gustav
41 Urban transport
42 Tackle the slopes
45 Houston acronym
46 Its motto is "Manly deeds, womanly words"
48 Eastern potentate
49 Work unit
50 Actor Jannings
51 Simple
52 Tiny
53 Apportion (out)

Down
1 Medal earner
2 On
3 A deadly sin
4 "Curse you!"
5 Pageant winner's
6 Apple dweller?
7 Whatever number
8 Autumn bloom
9 One of the Three
Bears
10 Mideast canal
11 Otherwise
16 Cripple
20 Bookkeeper (Abbr.)
21 Typical
22 Gender
23 — and don'ts
24 Blackbird
25 "Monkey suit"
26 Buddhist sect

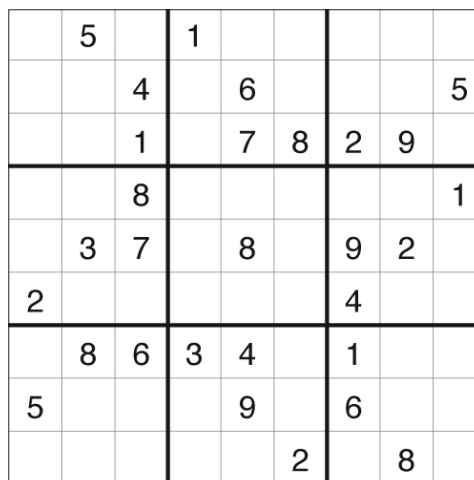


27 Lummo
28 Stick with a kick
29 Put into words
31 That woman
34 Dine
35 Inquisitive
37 Power glitch
38 Elbow counterpart
39 Dalai —
40 Wife of Osiris
41 Undraped
42 Unaltered
43 Wild needles
44 Between jobs
46 Kitten's call
47 Moon vehicle

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

A look at the weather

TODAY Min 4° Max 15°
WEDNESDAY Min 3° Max 14°
THURSDAY Min 1° Max 9°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge.

♉ Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

♊ Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

♋ Cancer June 22-July 22 If you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better.

♌ Leo July 23-Aug. 23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again.

♍ Virgo Aug. 24-Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

♏ Scorpio Oct. 24-Nov. 22 What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

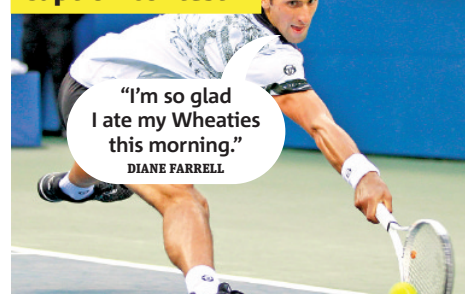
♐ Sagittarius Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

♑ Capricorn Dec. 22-Jan. 20 Listening is twice as important as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know.

♒ Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

♓ Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually quite limited.
● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you.
CURTIS

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day.
LOVE ALWAYS, EVAN XX.

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours?
YOUR WS, XOXO

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love forever,
GORGEIOUS

Deals of the week

NON-STOP FLIGHTS

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive • Deluxe rm.
Dec. 28 • 1 wk.

\$1539

+Taxes & other fees
(including service charges): \$289

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5 ★

All-Inclusive • Junior suite
Dec. 28 • 1 wk.

\$1709

+Taxes & other fees
(including service charges): \$289

JAMAICA

Sunset Jamaica Grande
Resort & Spa • 4 ★

All-Inclusive • Standard rm.
Dec. 23 • 1 wk.

FREE upgrade
to oceanfront rm.


\$1759

+Taxes & other fees
(including service charges): \$280

FLIGHTS VIA TORONTO OR CALGARY

MEXICO via Calgary

Puerto Vallarta/
Riviera Nayarit

Canto del Sol Plaza Vallarta • 3 1/2 ★

All-Inclusive • Standard rm.
Sept. 25 • 1 wk.

\$369

+Taxes & other fees
(including service charges): \$280

Meliá Puerto Vallarta • 4 ★

All-Inclusive
Deluxe garden view rm.
Oct. 2 - 23 • 1 wk.


\$789

+Taxes & other fees
(including service charges): \$280

JAMAICA via Toronto

Gran Bahia Principe
Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
Oct. 1 - 3 & 5 - 8 • 1 wk.


\$989

+Taxes & other fees
(including service charges): \$302

DOMINICAN REPUBLIC

Samana via Toronto

Gran Bahia Principe
El Portillo • 4 1/2 ★

All-Inclusive • Standard rm.
Sept. 19 & 26 • 1 wk.


\$649

+Taxes & other fees
(including service charges): \$326

Grand Paradise Samana • 3 1/2 ★

All-Inclusive
Superior garden rm.
Nov. 7 - Dec. 12 • 1 wk.

\$899

+Taxes & other fees
(including service charges): \$326

SAINT LUCIA via Toronto

The Village Inn & Spa • 3 ★

All-Inclusive • Standard rm.
Oct. 2 - 30 • 1 wk.

\$1429

+Taxes & other fees
(including service charges): \$246

CUBA

Varadero via Calgary

Sirenis La Salina Varadero
Beach Resort • 4 ★

All-Inclusive • Standard rm.
Oct. 3, 10 & 17 • 1 wk.

\$759

+Taxes & other fees
(including service charges): \$226

Santa Clara via Calgary

Barceló Cayo Santa María • 4 ★

All-Inclusive • Junior suite
Jan. 8, 15 & 22 • 1 wk.

\$1029

+Taxes & other fees
(including service charges): \$226

ANTIGUA via Toronto

St. James's Club & Villas • 4 ★

All-Inclusive • Club rm.
Oct. 2 - 30 • 1 wk.

\$1739

+Taxes & other fees
(including service charges): \$257

USA

HONOLULU via Vancouver

Miramar at Waikiki • 3 1/2 ★

Malama rate - Deluxe rm.

Nov. 2 • 1 wk.

\$819

+Taxes & other fees
(including service charges): \$146

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\$1159

+Taxes & other fees
(including service charges): \$292

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